Beijing p/7

Millar rides to his 9th Games

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OTTAWA • THURSDAY, JULY 17, 2008 metronews.ca

Celebrity p/14

Eva says weight gain for role, not baby

Flying student lands safely in Barrhaven field

EMERGENCY A flying student made a "textbook" emergency landing into a farmer's field after a problem developed with a Cessna 150 yesterday afternoon.

Just before 1:30 p.m., a student and a flying instructor made a precautionary landing in a field off of Greenbank Road in Barrhaven, said Julie Marion, president of the Ottawa Flying Club.

The training aircraft, a single-engine propeller plane, flew out of the Ottawa International Airport but was returning from a practice area when a problem developed for unknown reasons.

"Nobody was hurt and there doesn't seem to be any damage to the aircraft," said Marion. "It was a textbook landing."

The club is currently investigating with the Transportation Safety Board and Transport Canada.

TRACEY TONG/METRO OTTAWA

Ottawa page 2

City not alerted of sex offender

Food page 10

Popsicles with a mature twist

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Leno looks good to new network

House&Home page 9

Focus décor for a better view

Devastated family mourns 'best friend'

Hit-and-run victim was on way to meet daughter when struck

TRACEY TONG
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Christine DaCosta's father was on his way to meet her as she finished her shift at the Elgin Street Wendy's Sunday night.

He never made it.

Instead, Mitch Anderson ended up in the hospital, a victim of a hit-and-run collision while crossing Colonel By Drive at Rideau Street. He died of his injuries on Tuesday afternoon.

Yesterday, a devastated DaCosta and her family were still in shock over the 38-year-old homeless man's death.

"Not only did I lose my dad, I've lost my best friend."
Christine DaCosta

"He was a really, really good guy," said the 17-year-old, sobbing at the Vanier apartment she shared with her mother, Fatima. "He was always there for me. We did everything together.

"Not only did I lose my dad, I've lost my best friend."

The pair used to walk by the Ottawa River to feed the ducks and put their feet in the water.

They watched movies together. He loved comedies, Led Zeppelin and boxing. He got along with everyone he met, DaCosta said.

Anderson

Growing up in Kenora, Anderson loved sports and played soccer, hockey and trained in judo, said his older brother, David Anderson.

Mitch left home after dropping out of Grade 10 and travelled across Canada, but "phoned every week to say he was OK." He was a devoted father and loved his daughter more than anything, he said.

David and his mother, Mary, flew to Ottawa as soon as they heard about the collision.

"This is devastating," he said. Of their mother, he said, "this has been very tough on her."

When DaCosta learned of the collision Monday morning, she "started bawling my eyes out."

At the Ottawa Hospital's Civic campus "it was so scary" to see her father, she remembered. "He had blood coming out of his ear."

She stayed with him until doctors shut off the life support.

DaCosta said she hopes whoever is responsible for her father's death comes forward.

The family is working with the Wabano Centre for Aboriginal Health to put together a fund to pay for Anderson's funeral.

MORE COVERAGE, PAGE 2

TRACEY TONG/METRO OTTAWA

Christine DaCosta, 17, weeps yesterday while holding photos of her father, Mitchell Anderson, who died from injuries he suffered from a hit and run.

Terror suspect's ex-fiancée to testify at city trial

COURT A central character in the trial of accused terrorist Momin Khawaja is expected to give video testimony next week from Dubai.

Zeba Khan, Khawaja's former fiancée, is scheduled to appear by video link-up as a witness for the Crown. She is expected to expand on the scores of e-mails the two traded over a six-month period, ending in 2004, when she lived in Pakistan. Khawaja, of Ottawa, visited her twice in Pakistan in 2003.

Crown counsel David McKercher had told the Ottawa court Khan's testimony is crucial to the case against Khawaja, 29, who faces seven terrorism-related charges connected to a foiled London bomb plot. TORSTAR NEWS SERVICES

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Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher C. Dave Kruse

Canada's Money Collector Show

At the Crowne Plaza Hotel, today to July 20, the Canadian Numismatic Association-City of Ottawa Coin Club will be hosting coin collecting seminars, displays, auctions and the opportunity to meet the president and CEO of the Royal Canadian Mint, Ian Bennett. The world's largest coin — Canada's gold $1 million coin — will be on display Saturday. SOURCE: CANADIAN NUMISMATIC ASSOCIATION

Ottawa

Vintage wheels

In 1908, the Model T was the world's most affordable car, at US $850. A century later, the Ford Company is struggling, but its history is celebrated this Sunday at Cumberland Heritage Village Museum's Ford Vehicle Exhibit. The Model T and other antique cars can be seen in a rural 1920s village setting, including a local vintage garage with antique Imperial gas pumps. SOURCE: OTTAWA.CA/MUSEUMS

South side stands are coming down

Days left for Frank Clair Stadium's condemned bleachers

TIM WIECLAWSKI
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The benches have all been removed from the lower south side stands of Frank Clair Stadium.

Below the concrete bleachers, anything that could be removed is gone, leaving only the exposed skeleton of the old stands.

Dynamite has been inserted into the front two rows of support pillars, closest to the field.

On Sunday morning at 8 a.m. the charges will detonate and the stands will crumple, with the highest point collapsing toward the field onto the lower levels.

"It won't be spectacular like when they bring down the old casinos in Las Vegas. It'll be more like a pop and a thud," said Doug Moore, a manager with the city's Real Property Asset Management branch. "The whole thing should take less than 15 seconds."

If it hasn't rained too much, the implosion might kick up some dust, but that's about it.

No one will be allowed within 250 metres of the stands but residents are encouraged to watch the demolition live on the city's website, Ottawa.ca.

Roads around Lansdowne Park will be closed starting at 6 a.m. Sunday and are expected to reopen around 8:30 a.m. Airspace above the stadium and a section of the canal has also been restricted during the implosion.

Moore said the clean up afterwards could take three weeks.

Most of the debris material will be recycled, with 95 per cent of it ground up and used to repair roads.

The benches are already gone. One section of seats has been saved for archival purposes.

The upper stand should be unaffected by the implosion, since it is an independent structure.

Once the lower stands are gone, Moore said it would be business as usual at the field, where amateur football and soccer is still played long after the departure of the city's last Canadian Football League team, the Renegades.

implosion imposition

The following is a list of road closures that will be in place during Sunday's implosion of the Frank Clair Stadium stands:

- Bank at Sunnyside (local traffic only)
- Aylmer at Bank (local traffic only)
- Colonel By at Rosedale
- Colonel By at Riverdale and Echo
- Queen Elizabeth at Broadway
- Bank at Holmwood
- Queen Elizabeth at Holmwood
- Wilton Crescent
- Oakland Avenue
- Woodlawn Avenue

Stands were home to a friendly rivalry

TIM WIECLAWSKI
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Almost since they were built in 1961, Frank Clair Stadium's south side stands were home to Ottawa's louder, rowdier football fans.

Perhaps it was because the home team's bench was there, or because older people liked the sheltered north side. Whatever the reason, south-siders were considered rabid die-hards, while north-siders were considered more "sophisticated or posh."

One day, during an Ottawa Rough Riders home game in 1985, the public address announcer chided north side fans for being too quiet compared to their cross-field counterparts.

"Then, almost collectively, the entire south side stands starts yelling 'North side sucks!,' over and over again, and it just became a staple of it," said Robert Joachim, who missed only two home football games played at Frank Clair since the early '80s.

"... whenever there was a touchdown or whatever was scored, and everyone would jump up, you could feel the stands move."
Robert Joachim

The rivalry between north and south grew to the point where T-shirts were made. Joachim still has a "North Side Sucks" T-shirt, circa 1990. The rivalry grew until the Rough Riders folded in 1996 and briefly re-emerged with the ill-fated Renegades in 2002.

Joachim will be sad to see the now condemned south side stands brought down Sunday. But he knows it is necessary because they're dangerous.

"Those stands were moving, whenever there was a touchdown or whatever was scored, and everyone would jump up, you could feel the stands move."

Still, for an old south-sider, it's rough to see the north side prevail at anything.

No warning from police as sex offender arrives

TIM WIECLAWSKI
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A recently released convicted sex offender dubbed high risk by Brockville Police has moved to Ottawa, but police here say there was no need for them to alert residents.

Leonard Watts

Leonard Watts, 47, completed a prison sentence on July 15 for convictions on sexual offences and violence, and is now living in a monitored residence in Centretown. Watts had initially indicated that he planned to move to Brockville upon his release, prompting the police service there to warn its residents.

Ottawa Police did not issue a similar alert to residents when Watts decided on Ottawa instead. But that's because the service here has more resources than Brockville to monitor high-risk offenders, according to Det. Paul Heffler with city police's high-risk offender unit.

"If there was a risk that he was going to go out tomorrow and sexually assault somebody, then we would do a notification, but his offending is directly related to substance abuse," he said. "If we can catch him dipping into the substance abuse we can stop the offence cycle from starting."

Watts is staying at a monitored residence and is under numerous probationary conditions, including restrictions on alcohol or any intoxicating substance.

He is also receiving treatment from the Royal Ottawa hospital and assistance from the John Howard Society.

Heffler said police have the resources of a surveillance team to give warning if his behaviour became suspicious.

The increased attention has been stressful for Watts, Heffler said, adding it will not help his rehabilitation.

Cultural **Dance**

ETIENNE RANGER/FOR METRO OTTAWA

Elias Farah performs a traditional dance during opening ceremonies for the 18th annual Ottawa Lebanese Festival last night at St. Elias Cathedral. The five-day event promotes and introduces the local Lebanese culture to Ottawa through food, dance, entertainment and other events.

Transport ministry recruited to find hit-and-run car

TIPS With the driver of a vehicle involved in a fatal hit-and-run collision yet to come forward, Ottawa police have turned to the Ministry of Transportation in a bid to find the man.

As of yesterday, police had received 15 tips into the hit-and-run collision that killed Mitchell Anderson, 38, and they're getting the Ministry of Transportation to run through databases in a bid to find any red Mazda RX-8s registered in the Ottawa area, said Const. Al Boucher.

Police believe a car of that make and model, driven by a man in his late 20s or early 30s, was involved in Sunday night's collision with Anderson, who died in hospital Tuesday afternoon.

Once the police have the list, they'll start calling on owners, Boucher said.

Anderson was crossing Colonel By Drive at Rideau Street at 11:16 p.m. when a northbound vehicle struck him. The vehicle drove away on Sussex Drive.

TRACEY TONG/METRO OTTAWA

Soldier remembered
More than 300 people crowded inside a chapel at CFB Gagetown in New Brunswick yesterday to pay their respects to Pte. Colin Wilmot, 24, a medic who died from his injuries on July 5 after an explosive device detonated while he was on patrol in Afghanistan's Panjwaii district. METRO NEWS SERVICES

Canada

Hawking not moving to Canada

The University of Cambridge has denied reports its most famous physicist might be coming to Canada to work, saying yesterday Stephen Hawking "has no plans" to leave. Cambridge's statement called a report in the U.K.'s Daily Telegraph "unfounded speculation." Neil Turok at Waterloo, Ont.'s Perimeter Institute has extended an open invitation to the theorist, and current talks surround a possible Hawking visit later this year. SOURCE: CBC NEWS ONLINE

News in brief

HALIFAX Half a dozen fans waited more than seven hours to see Rosie O'Donnell yesterday, but were disappointed when the outspoken star didn't leave her ship. O'Donnell was visiting Halifax as part of a seven-day cruise of Eastern Canada and New England that caters to gay and lesbian families and is organized by her partner Kelli.

HEALTH In the wake of a controversy involving inaccurate test results for breast cancer patients, the Canadian Association of Pathologists released new guidelines yesterday that call for pathology test results to be verified by an external, independent laboratory, CBC News Online reports.

FOOD The Canadian Food Inspection Agency is considering whether to stop paying farmers to identify cattle suspected of having mad cow disease, a CFIA official said yesterday. METRO NEWS SERVICES

Premiers far apart

Leaders split on question of how to battle climate change

Despite talk of working together, the annual premiers' conference opened with rival camps in the climate change debate digging in their heels.

Ontario Premier Dalton McGuinty wants a national initiative to build a cleaner, greener car while putting a price on emissions through a "cap and trade" system.

Alberta Premier Ed Stelmach warns against such new energy taxes and wants to reduce greenhouse gases by capturing carbon and storing it like nuclear waste.

As Canada's premiers began three days of meetings yesterday, there were hopes they could focus on what unites them — hopes that were quickly dashed by differences that seem as intractable as ever.

Saskatchewan's Brad Wall urged the other premiers to resist attempts to tap into their oil wealth to combat global warming, saying, "maybe it's time for a bit of man-on-the-moon type of language from all the leaders in Canada around an investment we can all make in technology" rather than trying to forge an impossible consensus on cap-and-trade.

TORSTAR NEWS SERVICE

REUTERS/MATHIEU BELANGER

Canada's provincial and territorial premiers pose with Samuel de Champlain on the Belem boat yesterday during the Council of the Federation in Quebec City.

Aboriginal affairs

Leaders from several of the country's main native groups met with the premiers and territorial leaders on the opening day of the Council of the Federation's annual gathering, and both sides agreed to press for a federal-provincial meeting to resuscitate key elements of the failed Kelowna accord on alleviating aboriginal poverty, as well as to discuss the poverty crisis affecting aboriginal communities across Canada.

Dallaire joins Khadr debate

DETAINED Liberal Senator Roméo Dallaire yesterday challenged Prime Minister Stephen Harper's stance on the fate of Guantanamo detainee Omar Khadr, calling the Guantanamo trial an abuse of law.

Dallaire believes Canada's influence internationally in fighting civil rights cases will be diminished if government support for the war crimes prosecution of a minor continues.

Harper declined an interview request.

TORSTAR NEWS SERVICE

News in brief

OTTAWA A Commons' probe into Tory election financing yesterday erupted in shouting and accusations that the probe, according to Tory MPs, is nothing more than a "Liberal PR stunt." TORSTAR NEWS SERVICE

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Over 200 bishops boycott Anglican conference
A quarter of the world's Anglican bishops yesterday boycotted a once-in-a-decade gathering of church leaders in a fight over gay clergy. Church officials said that 230 of the 880 bishop were staying away from the conference being staged in the English cathedral city of Canterbury. REUTERS

World/Business

Iran won't make deal on nukes

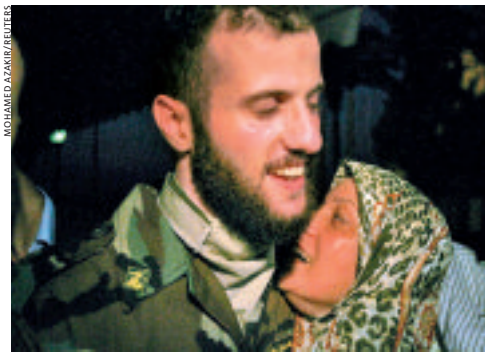
WORLD TALKS Iran signalled yesterday it did not plan to make major concessions on its nuclear program at talks this week to be attended by world powers including the United States.

Supreme Leader Ayatollah Ali Khamenei said Iran was ready to negotiate but showed no sign of backing down on the issue at the centre of the dispute — Iran's refusal to halt atomic activities.

The United States will send a senior envoy, Under Secretary of State William Burns, to Geneva to discuss Tehran's response to an offer of incentives in exchange for suspending uranium enrichment, which the West believes is aimed at making nuclear bombs. REUTERS

Hezbollah celebrates return of prisoners

Hezbollah leader Sayyed Hassan Nasrallah, in a rare public appearance, welcomed five Lebanese freed from captivity in Israel yesterday after his guerrilla group returned the bodies of two captured Israeli soldiers.


MOHAMED AZAKIR/REUTERS
Released Lebanese prisoner Hussein Suleiman hugs his mother upon his arrival at Beirut airport yesterday.

Nasrallah, who moves in secret for security reasons, emerged briefly to embrace the ex-prisoners at a rally in Beirut and declared the exchange a victory for Hezbollah and Lebanon.

"This people, this nation and this country, which gave a clear image today, cannot be defeated," he told the crowd.

A grim mood prevailed in Israel, where the prisoner swap was widely seen as a painful necessity two years after the capture of the two Israeli army reservists sparked a 34-day war in which about 1,200 people in Lebanon and 159 Israelis were killed.

Among the released captives was Samir Qantar, who had been Israel's longest-serving Lebanese prisoner and whom Israelis revile for his part in a 1979 Palestinian guerrilla attack. REUTERS

Business

HBC sold to owner of U.S. retail chain

RETAIL Hudson's Bay Co., whose name is synonymous with Canada's frontier past, was bought yesterday by the U.S.-based private equity fund that owns the Lord & Taylor department store chain, one of the oldest names in U.S. retailing.

NRDC Equity Partners said it would invest $500 million in new equity into the combined company, which also owns specialty U.S. retailer Fortunoff and Creative Design Studios.

Richard Baker, who will head the new holding company called Hudson's Bay Trading Co., said Lord & Taylor could launch 10 to 15 stores in Canada to bridge the gap between The Bay and the more high-end Holt Renfrew.

Baker said the company could take "oversized" Bay locations, such as its store in downtown Toronto, and better utilize the space by putting in a Lord & Taylor or Fortunoff as well. "Part of the problem The Bay has is they have too many way oversized stores in great markets, and we have the answer, we're going to solve the problem," he said.

"Part of the problem The Bay has is they have too many way oversized stores in great markets."
Richard Baker

Zellers, the mass merchandise division, will see a greater focus on branded apparel, as well as a future rollout of new prototype stores. REUTERS

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United States

Obama leading McCain, poll says

PRESIDENTIAL RACE Democrat Barack Obama has a seven-point lead on Republican John McCain in the U.S. presidential race, and holds a small edge on the crucial question of who would best manage the economy, according to a Reuters/Zogby poll released yesterday. REUTERS

News in brief

RELEASED Malaysian opposition figure Anwar Ibrahim, who was arrested yesterday on a sodomy complaint, has been freed on police bail, his lawyers said.

RELIGION Saudi Arabia's King Abdullah called on followers of the world's major faiths to turn away from extremism and seek reconciliation as he opened an interfaith conference in Madrid yesterday. REUTERS

News in brief

JOBS REPORT CIBC World Market's latest Employment Quality Index report suggests that full-time job growth in sectors such as mining, farm product distribution, Internet services and the manufacturing of beverages, tobacco, and electronic and printing products is up 6 per cent since last year. But it also found "low-paying sectors" such as repair and maintenance has risen less than 1 per cent. TORSTAR NEWS SERVICE

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1775 Courtwood Cres.

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Cornwall Square
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Hawkesbury
321 Main St. E
Kanata
Kanata Centrum Walk

Kingston
Cataraqui Town Centre
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764 Gardiners Rd.
131 Princess St.

Nepean
39 Robertson Rd.
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NHL
The Atlanta Thrashers have agreed to terms with restricted free agent goaltender Kari Lehtonen. Lehtonen, 24, went 17-22-5 with four shutouts, a 2.90 goals-against average and a .916 save percentage in 48 games with Atlanta last season. METRO NEWS SERVICES

Sports

Oilers give Horcoff security

The Edmonton Oilers signed centre Shawn Horcoff, left, to a six-year contract extension yesterday. The 29-year-old native of Trail, B.C., was Edmonton's second- leading scorer this past season, compiling 21 goals and 29 assists in 53 games before undergoing shoulder surgery.

Metro News Services

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sports in brief

NHL The Los Angeles Kings have reportedly settled on Terry Murray to fill their coaching vacancy. The Los Angeles Times reports that, barring a last-second veto by any of the club's owners, the Kings will give their coaching job to Murray, who was an assistant coach with the Philadelphia Flyers last season. METRO NEWS SERVICES

MLB Convicted steroids supplier Kirk Radomski has given documentary evidence to the government showing that he shipped drugs to the Texas home of Roger Clemens, according to a report in the New York Daily News. Clemens is under investigation by the federal government for perjury. METRO NEWS SERVICES

SCOREBOARD

MLB

TUESDAY'S LATE RESULT
All-Star Game (at New York)
American League 4 National League 3 (15 ings)

LAST NIGHT
No games scheduled

TONIGHT'S GAMES
AMERICAN LEAGUE
Detroit at Baltimore, 7:05
NATIONAL LEAGUE
N.Y. Mets at Cincinnati, 7:10
San Diego at St. Louis, 8:15
Pittsburgh at Colorado, 9:05

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	2	1	0	4
Hamilton	1	2	0	2
Toronto	1	2	0	2
Winnipeg	0	3	0	0

WEST DIVISION

	W	L	T	GB
Saskatchewan	3	0	0	6
Edmonton	2	1	0	4
Calgary	2	1	0	4
B.C.	1	2	0	2

WEEK 4

TONIGHT'S GAME
Hamilton at Calgary, 9
TOMORROW'S GAME
Winnipeg at B.C., 10
SATURDAY'S GAME
Montreal at Saskatchewan, 7
SUNDAY'S GAME
Edmonton at Toronto, 4

BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:
TONIGHT'S GAME
OTTAWA at Nashua, 7:05

No Tiger, no problem

Contenders not too upset world No. 1 missing at Open

The British Open will enter unusual territory in today's opening round when a major championship takes place without Tiger Woods for the first time in more than a decade.

RUSSELL CHEYNE/REUTERS

Adam Scott of Australia signs autographs during the final day of practice yesterday ahead of the British Open at Royal Birkdale in Southport, England.

The American world No. 1 has been sidelined for the rest of this year while he recovers from reconstructive knee surgery, opening the door for players such as Ernie Els and Sergio Garcia.

Woods has triumphed six times in the last 14 majors, a remarkable record in a game renowned for its fickle nature, and his absence from any tournament clearly opens up the field.

Midway through last month British bookmakers William Hill listed him as a 5-2 chance to win the Open. After Woods ended his playing schedule for the year, Els and Garcia were installed as joint favourites at 12-1.

A triple champion at the Open, Woods will be sorely missed at Royal Birkdale but Els and his rivals plan to take full advantage.

"I'm not overly disappointed he's not here," a smiling Els told reporters in the build-up to the third major of the season.

"For the tournament itself, it's a big blow, and for world golf, not to have the number one player playing, it's very different. You've got to talk about a lot more other players.

"I think he is so far ahead in the race we've kind of sagged back a little bit. Phil (Mickelson) still is the true No. 2 in the world."

Woods has not missed a major since the 1996 U.S. PGA Championship.

"This week there are quite a lot of players in the mix to stake a claim to be a favourite," added South African Els, British Open champion at Muirfield in 2002.

"For once I think everybody can be very excited."

Garcia, beaten by Irishman Padraig Harrington in a playoff in last year's Open at Carnoustie, shrugged off his billing as a Birkdale favourite.

"It doesn't feel any different," said the 28-year-old Spaniard who has posted six top-10 finishes in his last seven Open starts. "At the end of the day I know I've got to be favourite myself, in me."

REUTERS

winner's list

Recent British Open winners:
2007 Padraig Harrington
2006 Tiger Woods
2005 Woods
2004 Todd Hamilton
2003 Ben Curtis
2002 Ernie Els (South Africa)
2001 David Duval
2000 Woods

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Sports in brief

NBA The Toronto Raptors signed point guard Roko Ukic to a three-year contract yesterday. The 22-year-old Ukic was a second-round pick in the 2005 NBA draft. METRO NEWS SERVICES

CYCLING The Tour de France was hit by doping again yesterday when Moises Duenas Nevado became the second Spaniard to test positive for erythropoietin (EPO). REUTERS

SOCCER Former United States national team captain Claudio Reyna announced his retirement yesterday after struggling with injuries in Major League Soccer this season. REUTERS

LOTTERIES

Lotto 6/49	3, 10, 16, 17, 25 & 39. Bonus 19.
Ontario 49	5, 6, 7, 20, 25 & 28. Bonus 45.
Ontario Pick 3	5 2 8
Ontario Pick 4	7 4 2 9
Encore	1321205
Daily Keno	1, 9, 14, 17, 25, 29, 30, 31, 33, 36, 40, 41, 44, 50, 51, 54, 56, 58, 59, 68.

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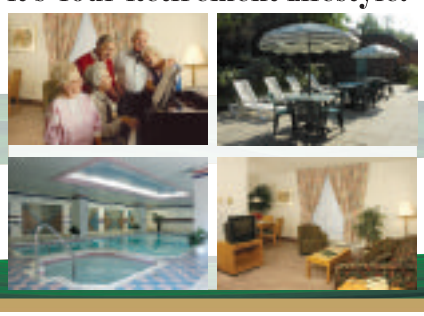

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Beach volleyball
Canadian beach volleyball players Annie Martin and Dana Cooke have failed to qualify for Beijing. METRO NEWS SERVICES

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Millar making history

Dean of Canadian riders heading to his 9th Games

Ian Millar is practically giddy as he rhymes off the attributes of In Style, his No. 1 horse: Durability, wonderful, natural technique and a knack for rising to the occasion.

"This horse just automatically dials up to the right level," says Millar. "I only have to think, 'Let's go' and he's gone, bang."

The 61-year-old dean of Canadian riders — the man they call Captain Canada — could very well be describing himself.

If Millar is slowing down at all, he has a strange way of showing it. He keeps his lean 6-foot-2, 175-pound frame in remarkable shape — he credits an hour of stretching every morning — and he remains among the top show jumpers in the world.

He has eight Olympics under his belt, more than any Canadian athlete, and will equal the record of Austrian sailer Hubert Raudaschl with a ninth appearance at the Beijing Games. His strong performance at the Pan Am Games last summer helped the Canadian show jumping team earn an Olympic berth.

For all his accomplishments, which include back-to-back wins in the prestigious World Cup with the legendary Big Ben in the 1980s, Millar has yet to step on an Olympic podium. He believes In Style, which he plans to bring to Beijing along with backup Redefin, has the qualities to help change that.

"If he has his week, absolutely, he could be a gold medal winner, no question," says Millar, whose competitive embers burn brightly.

"There's nothing that gives me more pleasure. I'd rather win a Nations' Cup somewhere or Pan Am Games with a team than win a $100,000 Grand Prix. It's really not about the money.

"It's riding for Canada that drives me. When you've got your hat off and you're saluting the flag and they're playing O Canada, that's the real deal right there."

TORSTAR NEWS SERVICE

Facts

NAME: Ian Millar
HOMETOWN: Perth, Ont.
BORN: Jan. 6, 1947
HEIGHT: 6'2.
WEIGHT: 175 lbs.

At 61, Ian Millar is among the top show jumpers in the world.

HANS DERYK/ TORSTAR NEWS SERVICE

Comeback win keeps hopes alive

BASKETBALL Coming off one of its more stirring comeback victories and still clinging to a chance to qualify for the Games, the Canadian men's senior team faces a stern task, having dismissed one of its top players. Even before a dramatic 79-77 comeback victory over Korea yesterday, team officials had booted starting centre Samuel Dalembert.

TORSTAR NEWS SERVICE

Tomorrow's lineup

CITY UNDER SIEGE Is the Olympic party over even before it begins? With every passing day, Beijing is slowly going into lockdown. Read tomorrow's Metro for more.

21 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

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Tech talks SK Telecom Ltd. of South Korea and U.S.-based Sprint Nextel Corp. are in preliminary talks about collaborating on technology and are not discussing a merger, sources close to the matter said Tuesday. REUTERS

Tech Now

Building Bridges

City tech company Bridgewater Systems has signed a three-year contract with Verizon Wireless with a value of approximately $30 million.
SOURCE: BRIDGEWATER SYSTEMS

Selling software to track your cell

There are some companies in Ottawa that play a key role in this technology-driven modern society.

Bridgewater Systems is a good example. You likely have not heard of them but for more than a decade they have been building a base of customers around the world. Recent contracts, such as the multi-million dollar deal with Verizon, put the company in growth mode.

So what do they do? Bridgewater provides the expertise and technology to manage phone systems.

Perhaps most importantly, their software keeps track of what services you are entitled to use on your phone such as call forwarding. Then they track how much you use those services and make sure you are billed properly.

They handle some 10 billion transactions every month. That is crucial for firms like Verizon, which is now the world's largest wireless carrier, serving about one third of the entire U.S. market. Bridgewater chief executive Ed Ogonek told me that this deal puts them in the upper echelon of the wireless business.

How important is Bridgewater's technology? In May this year Sprint announced a $14.5 billion venture to deliver a nationwide WiMax system. Their partners include Intel, Google, Comcast, and Time-Warner. WiMax is seen as the next generation of wireless technology that will significantly extend the reach of wireless.

Who did Sprint sign up to manage their system? You're right, Bridgewater.

Ogonek says the credibility the deals give his company is significant. Double-digit growth this year and next is what he predicts and Ogonek expects the firm to do some significant hiring as these contracts kick into place.

The company is just over a decade old and is part of the stable of firms that have been funded by tech mogul Terrance Matthews

Like most of Matthews' firms, Bridgewater went public. That happened in December of 2007 and it launched at over $5 a share, but then it drifted downwards. News of the Sprint and Verizon deals caused the stock to more than double in June to over $4 and now the stock is back down to just above $2. It is a brutal time to be a tech company that is on the stock markets. Many CEO's have told me that the demands of the quarterly public reporting make it tough to do long range planning. Investors have little patience.

Next Tech Now

This Sunday, one of the stories on TECH NOW will be a look at how farmers can reduce their carbon footprint. Don't forget to check our website www.ctvottawa.ca.

Paul's web site of the week: Go online to *www.damninteresting.com* If you are looking for some offbeat, but at the same time interesting stories about real life this is the site for you.

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House&Home

Coastal living

New Seaside Interiors, (hardcover) by Ian Phillips and edited by Angelika Taschen, highlights some of the world's loveliest seaside homes. The book is now available in most bookstores and has a suggested price of $49.99.

Find your focal point

ArrestingDesign

Jeffrey Fisher & Tammy Schnurr

busted@arrestingdesign.com

CHARLES MARAIA/THE IMAGE BANK

The dark wood of the canopy bed contrast against the white walls make this bed nice focal point for the room.

One of the basic rules of interior design is to choose ONE main focal point in any room. Not two or three, because this causes visual confusion. And not having a focal point is just as bad — the room lacks any visual interest as a result. But there are many people not aware of this rule, judging from what we have seen.

A room looks much better with one clearly defined focal point. And that does not mean that the rest of the room has to be mush—you can incorporate mini focal points in the room, but they should not compete with the main focal point.

To have a focal point in a room means that the eye automatically travels to that place in the room first — and then moves to other less prominent places of interest. Choose less dramatic pieces as mini focal points — they may be smaller, or when balancing items of the same scale in a room, they must simply be less "out there" compared to the focal piece.

The main focal point can be a large-scale architectural feature, such as a dramatic arch, a fireplace, a staircase, or a large picture frame window with a great view. If the room has no natural focus, you can make one with a dramatic painting, sculpture, or a large and beautiful piece of furniture, such as a china cabinet. You may also create a focus by treating one wall of a room differently than the others — painting one wall a bright colour, or using a patterned wallpaper on one wall, for example.

In bedrooms, the focal point is often the bed, and here, beautiful bed coverings that coordinate with the rest of the room are a must. You can accentuate this strong feature by adding a dramatic headboard, or mounting a commanding painting on the wall over the headboard.

A successful dining room design does not usually focus on the dining table, but instead on a buffet and an arresting painting above it, or a mirror, or a series of framed artwork. The focal point in a dining room can also be temporary — as simple as a bright and dramatic vase of flowers on the table. Just remember to reconsider your focal point when your flowers are gone.

A living room focus is often a fireplace, or a large painting or mirror mounted above a sofa — usually on the longest wall in the room. If you have both, play up one and make the other more subtle so there is no confusion about which is the main focus.

The fireplace usually has art above the mantel or propped on the mantel, and accessories should be simple and uncluttered. Leave the walls on either side of the fireplace free of art so the fireplace as the focus of the room is undisputed. A television should not be a focal point in a living room (design crime!)—please keep it in a less prominent position.

After you define the focal point of your room, orient the furniture and other décor in such a way that they accent or "point" to the focus.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

Separating contenders from the pretenders

OrganizedZone

Brenda Borenstein

metro@organizedzone.com

The most common thing people do when they want to get organized is to go shopping for a variety of "organizational aids". Some items are useful and others not as we all learn.

The variety is endless making it difficult to pick the right item. As a result many "Organized wannabe's" end up with under utilized bins, baskets, shelving and a wack of how-to-organize magazines. I have seen first hand organizing mistakes stored needlessly, if they don't work, you can bet they never will. Get rid of them and enjoy the new found space.

The truth is most people buy on emotion. Remember the expression "don't go grocery shopping when you are hungry?" Same goes for shopping for storage solutions when you are disorganized and cluttered. You end up buying things that you didn't need but looked good in the store.

Bottom line, de-clutter and organize first then you can establish the best solution. I have tested so many products over the years and I am glad to extend my knowledge of what works and what I find completely ridiculous.

Here is my list:

- The funniest "time saver" I saw was the Tim Horton's, automatic roll up the rim device, only $2.88, Wal-Mart.
- The Vacuum Seal Bags, "as seen on tv", the premise is you can minimize a ton of clothes or linens by vaccuumining all excess air. However, the problems seep in just as the air does. For the few bags that actually stay sealed, be prepared to iron, as everything gets wrinkled.
- Plastic totes are great for storage provided that they are clear or clearly labeled; have the ability to stack or fit neatly on a shelf; and seal completely.

I recommend a particular clear tote available at Home Depot. It has a red or black attached lid that easily folds into a flat surface. They are stackable, sturdy and reasonable priced about $9.

Brenda Borenstein is your professional organizing guru. Look for her column every second Thursday.

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How to store herbs: Just clip, rinse well and use. If buying a bunch, wrap stems in a damp paper towel or place stems in glass of water, loosely covered with a plastic bag and refrigerate. Herbs retain more flavour if left on stems until needed. Having your own herb garden means clipping 'just in time'. Just before using, rinse under running water and dry on paper towel. METRO NEWS SERVICES

Food

"Sturdier herbs such as rosemary and thyme keep longer than soft leaf herbs — basil, chervil, marjoram, dill, chives, tarragon and cilantro."

-Barb Holland/for Metro Ottawa

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

À la carte

Barb Holland

Metro Food Writer

Herb garden delights

I'm the first to admit I'm somewhat gardening challenged (it's the weeding I dislike), but I do grow a few tomato plants, a rhubarb plant that grows itself and pots and pots of herbs. It's such a pleasure to nip just the amount you need to toss in salads, vegetables, sauces ... and much more. Just be sure to clip your herbs just before using and use often:

• Add fresh herbs to salads, toss some chive flowers in the mix for a surprise.

• Put sprigs of herbs — thyme, rosemary or sage on the grill of preheated barbecue, then place a boneless chicken breast, pork chop or fish steak or filet directly on the herb to infuse a smoky herb flavour. Place herb sprigs under the skin of chicken or turkey before roasting or grilling.

• Use sturdy rosemary sprigs as skewers when grilling baby potatoes, vegetables or pieces of fish. Use a metal or bamboo skewer to pierce ingredients, then insert the rosemary through the holes made by skewer.

• Try lemon thyme in potato or pasta salads, mashed potatoes or with fish.

• Pair tarragon with fish, particularly salmon, and add to salads, scrambled eggs, herb butters or sauces.

• Mint is a classic with new potatoes and lamb, green peas and beans, fruit salads and iced tea.

• Oregano is wonderful with lamb, fish and vegetable dishes and salads.

• A tradition in stuffing, try sage with winter squash, on pizzas and with pork and chicken.

• Try dill in bread, sauces and egg dishes, with potatoes, fish, seafood and lamb. Toss in coleslaw, potato salad, or blend with cream cheese to serve with smoked salmon or trout.

Classic Pesto

Pesto is not limited to basil. Try cilantro, parsley, mint, marjoram or arugula. Aside from topping pizza or tossing with pasta, use to flavour cooked vegetables, stir into soups, stews or sauces. Top grilled fish, chicken or pork with pesto before cooking or spoon into mashed potatoes or on baked potatoes. Stir into cream cheese for a quick spread or into a yogurt or sour cream and mayonnaise mixture for a dip. Spread pesto on grilled bread before adding chopped tomatoes for a zesty bruschetta. Stir into egg mixture before scrambling or making frittatas or omelettes.

INGREDIENTS:

1-1/2 cups (375 mL) cups loosely packed fresh basil leaves
1/4 cup (60 mL) flat leaf parsley leaves
1/4 cup (60 mL) pine nuts, lightly toasted
2 cloves garlic, roughly chopped
1/2 cup (125 mL) freshly grated good quality Parmesan cheese
1/3 cup (75 mL) extra virgin olive oil
Salt and pepper

METHOD:

Combine and whirl basil, parsley, pine nuts and garlic in food processor or blender until chopped. Add cheese; gradually pour in oil, processing until smooth. Season to taste with salt and pepper. Transfer to a small bowl and cover with plastic wrap, pressing plastic wrap on surface to prevent browning. Use within a week, or freeze. Makes about 1 cup (250 mL).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Picked fresh from the garden, fresh herbs say summer in a big way. As for pesto, right, you can use it in countless dishes.

Popsicles all grown up

Pops!: Icy Treats for Everyone introduces a whole new Popsicle — cool treats today's grown-up kids will be proud to serve. Author Krystina Castella is a writer, industrial designer, and faculty member at the Art Center College of Design in California. Quirk Books gave Metro a recipe for these refreshing treats:

Blueberry Cheesecake Pops

These pops are based on my all-time favourite rendition of my classic no-bake cheesecake recipe. Silicone molds or paper cups are the best molds for these pops. Makes six 8-ounce pops or eight 6-ounce pops

INGREDIENTS:

Blueberry Topping:
3/4 cup blueberries
1 1/2 tablespoons cornstarch, sifted
2 teaspoons fresh lemon juice
1/4 cup sugar
Cheesecake:
8 ounces cream cheese
1/2 cup sugar
1/2 cup sour cream
1 cup heavy cream
2 tablespoons pure vanilla extract
2 cups blueberries
Crust:
10 graham crackers
6 tablespoons sugar
4 tablespoons unsalted butter, melted

METHOD:

To make the topping: In a saucepan, combine the blueberries, 3/4 cup water, the cornstarch, lemon juice, and sugar and cook over low heat, stirring, for 5 minutes. Remove from the heat and let the topping stand to thicken. Set aside.

To make the cheesecake: In a bowl, beat the cream cheese, sugar, and sour cream together until blended.

In a separate bowl, whip the cream and vanilla extract until the cream just starts to thicken, 1 to 2 minutes. Add the cream cheese mixture and beat for 30 seconds. Gentry stir in the blueberries. Set aside.

To make the crust: In a food processor or blender, grind the graham crackers into crumbs. Add the sugar and process until combined. Transfer to a bowl and add the butter and 3 tablespoons water, stirring until sticky. Refrigerate until needed.

Pour the topping into each mold until it is one quarter full. Freeze for 2 hours.

Pour the cheesecake mixture into each mold, leaving 1/2 inch at the top of each mold for the crust. Insert the stick. Freeze for 3 hours.

Press the crust into the pop molds. If the crust is not sticking together, add more water. Freeze for at least 4 hours.

Remove from the freezer; let stand at room temperature for 5 minutes before removing the pops from the molds.

These pops are based on Krystina Castella's all-time favourite rendition of her classic no-bake cheesecake recipe. Pops! Icy Treats for Everyone, inset, is available at *Amazon.ca* for $13.10.

Rolling Stone enters rehab
Rolling Stones guitarist Ron Wood has entered rehab for a drinking problem, his spokeswoman said yesterday. REUTERS

Entertainment

Jimi's guitar
One of Jimi Hendrix' favourite guitars, set on fire on a London stage more than 40 years ago and thought to have been lost, is to be auctioned later this year. REUTERS

Whole lotta snoozing

Talk of Led Zeppelin reunion tour puts Robert Plant to sleep

BRIAN TOWIE
brian.towie@metronews.ca

Expect more work from Robert Plant and Alison Krauss, but forget about a Led Zeppelin reunion tour anytime soon; it puts Plant to sleep.

During a press conference in Toronto earlier this week where the shaggy-haired rock front man and country singer Alison Krauss were presented with platinum awards for their Grammy-winning collaboration Raising Sand, a reporter asked Plant to address rumours of reuniting with his ex-band mates following a one-off benefit concert in London late last year; Guitarist Jimmy Page stoked speculation in January, saying he's willing to participate.

Plant responded to the question by putting his head down, churning out a couple of snores and wailing, "Wake me up when she's gone."

It's evident that the exasperated Plant — who turns 60 in August — has had the biscuit with answering questions about his alma mater and would rather speak to the work of his golden years — being the success of the album and its subsequent tour that has been extended by nine dates. Plant says he jumped on to broaden his musical horizons.

"I'm just trying to develop taste before it's too late," quipped Plant while sitting next to Krauss. "These people have been very patient because if you get the wrong impression of me, it could be terribly wrong. I was a cock-rocker, but now I'm saved."

The project was in part the brainchild of producer and leader of Plant's and Krauss' backup band T-Bone Burnett — fusing a bluegrass icon with a rock legend and seeing what would transpire. Raising Sand has sold more than 1 million copies in the U.S. and more than 100,000 copies in Canada, a triumph in an age of digital downloading and piracy that neither Plant, Krauss, nor Burnett saw coming, but are hoping to repeat. Krauss confirmed that she and Plant are currently hashing out plans for a second release.

"We were just thrilled with the reaction. We're very happy about it, and yeah, we're talking about continuing working."

The unlikely pairing of Alison Krauss, left, and Robert Plant has been a surprising success. The duo's album Raising Sand has sold 100,000 copies in Canada. GETTY IMAGES FILE

music

Metallica bound for Guitar Hero

GAMING Every song from Metallica's upcoming album Death Magnetic will be available for gamers to download and play on Guitar Hero III and its sequel Guitar Hero World Tour on the same as-yet-unannounced day it is released to retail, the band said on its website.

Microsoft also mentioned the availability during the E3 gaming conference underway in Los Angeles. A dedicated Metallica Guitar Hero game in the vein of the recent Aerosmith title is also in the offing, but it's unknown when it will see the light of day. REUTERS

The next episode is an encore of an encore.
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Hot ticket
Coldplay kicked off its world tour Monday in Inglewood, Calif. The group plays Ottawa Oct. 20. REUTERS

A French open for film fest

VINCENT KESSLER/REUTERS

French director Laurent Cantet (centre) is surrounded by student-actors after he received the Palme d'Or award for the film Entre Les Murs (The Class) at the 61st Cannes Film Festival in May.

This fall's New York Film Festival will open with the North American premiere of French director Laurent Cantet's Entre Les Murs (The Class), winner of this year's top prize at Cannes, organizers of the event said Tuesday.

The New York festival, which opens in late September, is one of the top cinema gatherings in the United States and tends to showcase art-oriented and international films, distinguishing it from the Tribeca Film Festival in Manhattan in April that features some Hollywood studio fare.

Entre Les Murs became the first French film in 21 years to claim the coveted Palme d'Or award at Cannes, the world's biggest film festival, after captivating the notoriously picky audience of film industry insiders and journalists there.

Casting real teachers and students who were taught to act, Cantet goes inside a Paris high school to paint a portrait of growing up in modern-day France dealing with issues of race, class and individuality.

"Laurent Cantet has pioneered a new kind of social cinema. The Class is the finest example yet of this filmmaker's important work, and we're delighted to have it open this year's New York Film Festival," said Richard Pena, the festival's selection committee chair.

Based on an autobiographical novel by Francois Begaudeau, Entre Les Murs comes to theaters at a time when the problems in France's often-overcrowded schools have been highlighted by strikes and protests by teachers and pupils.

With memories still vivid of the 2005 riots in poor, multi-ethnic suburbs around many French cities, the film also taps into a wider debate about the place of young people of immigrant backgrounds in French society.

The 46th New York Film Festival runs from Sept. 26 to Oct. 12. REUTERS

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Featuring Marianne Fiset

Saturday, July 19, 7:30 pm
Ian Tyson and the National Arts Centre Orchestra

Sunday, July 20, 7:30 pm
National Arts Centre Orchestra
Featuring Jon Kimura Parker and Jessica Linnebach

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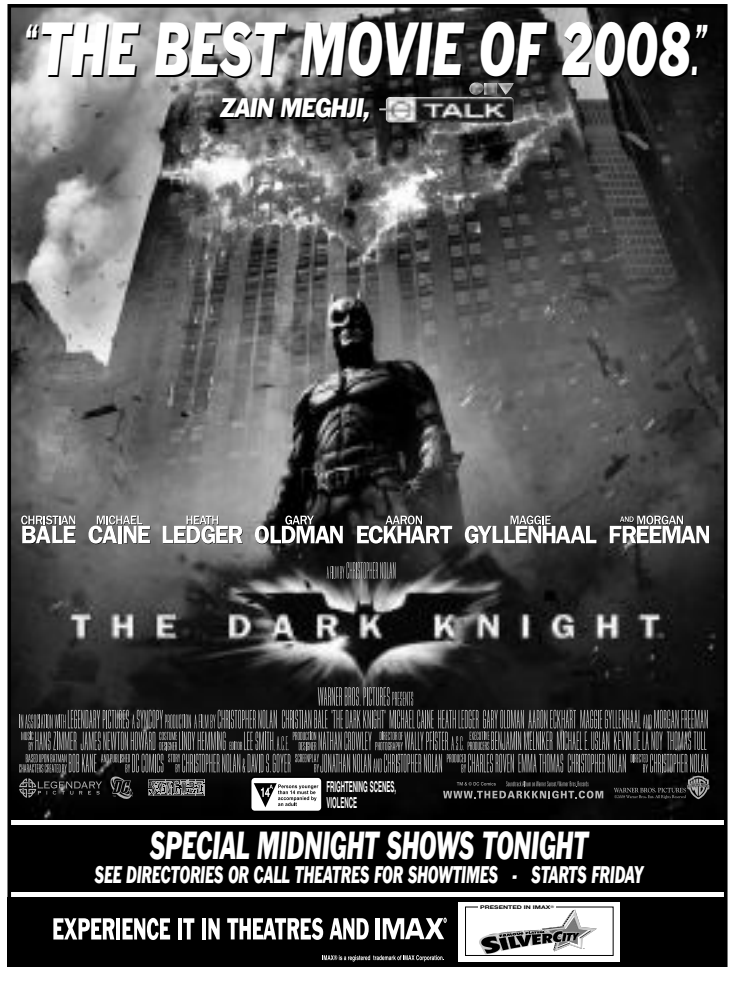
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CHRISTIAN BALE MICHAEL CAINE HEATH LEDGER GARY OLDMAN AARON ECKHART MAGGIE GYLLENHAAL AND MORGAN FREEMAN
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SILVERCITY

Hume steps back at Fox News
Fox News Channel anchor Brit Hume will take a reduced role at the network following the upcoming U.S. elections. Hume won't retire completely but will no longer be Fox News' Washington managing editor nor anchor of the 6 p.m. newscast Special Report. REUTERS

Michael J. Fox.

Fox guest stars on Rescue Me

TELEVISION Actor Michael J. Fox, semi-retired from show business due to Parkinson's disease, will return to television next spring as a guest star on the firefighting drama Rescue Me, the FX cable network said Tuesday.

Fox, 47, will portray the wheelchair-bound boyfriend of the ex-wife of the show's lead character, New York City firefighter Tommy Gavin, played by Denis Leary, said FX spokesman John Solberg.

Canadian-born Fox has signed on to appear in four episodes of the upcoming fifth season, starting with a premiere episode in the spring.

"It's terrific news, he's a phenomenal actor," Solberg said. "He and Denis have been friends for a long time and it's a great fit and should be very funny as well."

REUTERS

Katie Holmes' return to Eli Stone

Katie Holmes

REPRISING ROLE Actress Katie Holmes will make a guest appearance on ABC's critically acclaimed Eli Stone this season, returning to U.S. network television in a role that will feature her singing and dancing, network executives said on Wednesday.

Holmes, 29, who is married to film star Tom Cruise, is due to shoot the guest spot before she makes her Broadway debut this fall in a revival of Arthur Miller's All My Sons, alongside Dianne Wiest and John Lithgow.

ABC Entertainment President Stephen McPherson, speaking to a gathering of reporters, said Holmes had wanted to reunite with Eli Stone executive producer Greg Berlanti, with whom she worked on Dawson's Creek, the TV teen drama that made Holmes famous in the late 1990s. REUTERS

Will Leno get new home on network?

TAKING IT ON THE CHIN: Last week, Jay Leno made a very jabbing gag at NBC, his network home, by joking about the prophetic nature of a fake newspaper headline referring to his new show on ABC. As open secrets go, ABC's courting of Leno is up there with Liberace being gay, with the major difference being that no one was trying to replace Liberace with George Michael.

As we all know, Leno is being eased out from behind the desk on the Tonight Show so that Conan O'Brien can move west and goose up the youth demographic on the show — or at least that's the theory from the folks in marketing. "I can't believe that they're going to let this guy go at the top of his game," ABC entertainment president Steve McPherson said about Leno to a crowd of journalists at the TV Critics Association summer press tour yesterday, underlining his interest in giving Leno a new home on his network.

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

To dispel rumours that giving Leno a deal would put Jimmy Kimmel's nose out of joint, ABC had Kimmel infiltrate the ranks of the press at the tour, pretending to be a reporter from Syracuse, NY, and the newly single chat show host "peppered" McPherson with questions about Leno, and whether a certain talk show host currently employed by the network would be angry about sharing the spotlight.

According to a story in TV Week, McPherson said Kimmel "was going to be an asset for us for many years to come," Broadcasting & Cable magazine had McPherson adding "I can't say enough about Jimmy, his show just exploded this year."

GETTY IMAGES
Leno is being eased out of the Tonight Show so that Conan O'Brien can move west and attract a younger demographic.

If you're wondering why two big networks are giving each other the hairy eyeball while making a big show about the value of a talk show host holding a pink slip, you have to remember that late night talk, like "event" reality TV shows, such as Idol or So You Think You Can Dance, are the last two remaining non-news programming that networks can rely on to draw viewers to the TV either at the time they air or very shortly after they've TiVo'd the show.

As a very scary new world of season-free, on-demand, downloaded TV content teasingly dawns, the networks are desperate to cling to a business model they understand, and a tug of war over a second-rate stand-up comic is just the sort of thing to distract them from the very pressing business at hand, for which they're both ill-prepared and essentially unprepared. If there were a score of Lenos to keep viewers glued to their tubes on a clockwork schedule, the network future would be bright, but right about now it's more like the opening scene of The Wizard Of Oz, all ominous, sunless skies and brewing twisters on the horizon, and they'll be getting scant comfort from pretending Leno is homecoming queen.

"If there were a score of Lenos to keep viewers glued to their tubes on a clockwork schedule, the network future would be bright."

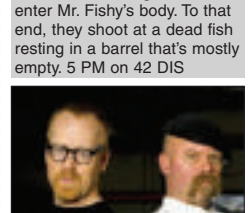
Rick McGinnis writes about music, movies, books and television, but not opera.

primetime — 7/17/08

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2	TVO	Icebreakers		The Best of The Agenda		The Family Man		Masterworks		Best-Agenda
	211	331	3	GTV	ET Canada	Entertainment	Last Comic Standing (N)				Swingtown "Heat Wave"		News (N)
	-	-	5	SRC	Des squelettes	La Mosquée	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Ontario
	209	342	6	CHRO	Wheel-Fortune	Degrassi: Next	Private Practice		Grey's Anatomy		Stargate SG-1 (DVS)		News (N)
	196	311	7	CTV	eTalk	Jeopardy! (N)	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		Law & Order: Criminal Intent		News (N)
	208	303	8	CBC	Coronation St.	Who Do-Think	jPod (DVS)		The Call (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Last Comic Standing (N)				Fear Itself (PA) (N)		News (N)
	117	713	10	TVA	Les Gags	Jerry chez les cinoques ★★ (1964, Comédie)			Héros "La Fille d'eux" (HDTV)		TVA 22 heures	Juste pour rire	Sucré-salé
	-	-	11	QS	Avec Albert	Campings	La Filature ★★★ (1987, Suspense) Richard Dreyfuss.				Cent dix pour cent (SC)		Journal du soir
	137	763	12	TFO	Panorama été	Frontières	Esprit	Esprit	Black Moon Lily se réfugie.				Volt
	-	362	13	CBS	Dr. Phil		Greatest American Dog		CSI: Crime Scene Invstgtn.		Swingtown "Heat Wave"		Two/Half Men
	216	395	14	OMN2	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	214	344	15	CITY	Friends	Hollywood	Ugly Betty (HDTV)		Supernatural (HDTV)		Hopkins (HDTV) (N)		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Greatest American Dog		True Hollywood Story		Fear Itself (PA) (N)		News (N)
	-	361	20	ABC	News (N)	Entertainment	Ugly Betty (HDTV)		Grey's Anatomy		Hopkins (HDTV) (N)		News (N)
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	À la une		Dossier public				À la une
	651	355	25	CTS	Full House	Facts of Life	Michael Coren Show		100 Huntley Street (N)		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Smarter Than a 5th Grader?		So You Think You Can Dance		News (N)		News
	-	-	64	PBS	Business Rpt.	Travelscope	Yes, Minister	Time Goes By	Monarch of the Glen		Ruth Rendell Mysteries		Tavis Smiley
	205	312	104	CTV	Hollywood	eTalk	CSI: Crime Scene Invstgtn.		So You Think You Can Dance		Law & Order: Criminal Intent		News (N)
news	502	390	26	NW	News (N)	Our World	The Hour		CBC News: The National		The Nature of Things		National
news	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Baseball Detroit Tigers at Baltimore Orioles. (Live)						Sportsnet Connected (Live)		Sportsnet Con.
sports	126	730	28	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
sports	400	280	30	TSN	Interruption	Billiards 2007 Mosconi Cup.		CFL Pregame	CFL Football Hamilton Tiger-Cats at Calgary Stampeders. (HDTV) (Live)				
sports	410	403	52	SCR	Stump-Schwab	Stump-Schwab	Poker Aussie Millions		Road to Redemption		Score Update		Stump-Schwab
sports	411	457	56	OLN	Departures		Cycling Tour de France Stage 12. From Lavelanet to Narbonne, France. (N)						Don't Forget
sports	417	406	59	SC	Pinks -- All Out		Pinks -- All Out		Pinks -- All Out (HDTV) (N)		Wrecked (N)	Wrecked (N)	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Batman Forever ★★ (1995, Action) Val Kilmer.		
family	557	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
family	551	542	65	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Back In	Popaganda		VH1 Rock Honors Tribute to The Who.				Rock Honors
cable variety	615	520	31	A&E	CSI: Miami "Invasion"		The First 48		The First 48 (HDTV)		The First 48		Crime 360
cable variety	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA iMPACT! (N)				UFC Count.
cable variety	521	560	34	TLC	LA Ink "Kat Cleans Up"		Monster G	Monster G	American Chopper		Miami Ink (HDTV)		Amer. Chopper
cable variety	145	761	35	TV5	Toute une histoire		On n'est pas couché				Partir	Design	Journal TV5
cable variety	616	521	39	SHO	ReGenesis (HDTV)		Intelligence (DVS)		G-Spot	Exes & Ohs	Secret Diary	Secret Diary	House
cable variety	620	523	40	BVO	From the Spirit	In the Mind ...	Singing Home the Bones		Crusoe ★★★ (1988, Adventure) Aidan Quinn.				Law & Order
cable variety	520	505	42	DIS	Daily Planet		Mayday		Mayday "Mixed Signals"		MythBusters		Daily Planet
cable variety	575	583	43	CMT	(6) Ultimate "Concerts"		Reba: One,	Totally	CMT Giants: Reba Singer/actress Reba McEntire is honored.				Dedicated (N)
cable variety	601	562	45	SLC	End of Leash	Til Debt-Part	Rich Bride, Poor Bride		Last 10	Bulging Brides	The Biggest Loser		Rich Poor
cable variety	625	548	46	COM	Air Farce	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	VIP	Tom Green	Daily Show
cable variety	294	529	47	TBS	Family Guy	Family Guy	Lara Croft Tomb Raider: The Cradle of Life ★★ (2003, Adventure)					Frasier	Seinfeld
cable variety	600	564	49	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes-Homes
cable variety	627	528	50	SPC	Stargate SG-1		Star Trek: Voyager		The Triangle "Part One" (Part 1 of 3)				Stargate SG-1
cable variety	581	566	53	MTV	MTV Screen	Cribs	4REAL	Next	The Real World		True Life Relationships.		MTV Live
cable variety	618	524	54	TROP	Inside Hollywood		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
cable variety	522	506	55	HIS	NCIS "Hometown Hero"		UFO Files		UFOs and the Cold War		NCIS "Hometown Hero"		Crime Stories
cable variety	129	773	60	CD	Claudine Mercier		Camera tout-terrain (HDTV)		Vidéo patrouille		Histoires de crimes (HDTV)		National Geo
cable variety	261	394	61	V	Murder, She Wrote		May-December	Keeping Up	Manhattan ★★★ (1979, Comedy-Drama) Woody Allen.				Emily-Moon
cable variety	602	567	62	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House	Save Us-House	House
cable variety	269	350	70	APTN	Overseas Leg.	From the Spirit	Canadian Geographic		Tricksters		The Mix	Cowboy C'try	Sharing Circle
cable variety	621	527	71	TLK	Look-A-Like	Hollywood	TMZ (N)	eTalk	Katie & Peter: Next Chapter		The Tonight Show-Jay Leno		eTalk
cable variety	603	561	95	FN	Boy Grill	Licence to Grill	Restaurant Makeover		Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes

critics'corner

MythBusters
"Like shooting fish in a barrel" implies that something is incredibly easy — like having a barrel packed to the gills (pun intended) with fish, making it impossible to miss hitting one if you fired a weapon into it. But Jamie and Adam think the saying means it's easy for a bullet to cut through water and enter Mr. Fishy's body. To that end, they shoot at a dead fish resting in a barrel that's mostly empty. 5 PM on 42 DIS


Ugly Betty
Who says there are no do-overs? Wilhelmina (Vanessa Williams) creates a crisis that requires the staff to redo an issue of the magazine on deadline. That means breaking the cover model (guest star Eliza Dushku) out of rehab and sweet-talking the printer (guest star David J. Steinberg). The former job falls to Betty and Daniel (America Ferrera, Eric Mabius), the latter to Alexis (Rebecca Romijn) in "Giving Up the Ghost." 8 PM on 20 ABC 15 CITY

Freeman feared for McAvoy's health

Morgan Freeman feared for James McAvoy's health on the set of their movie Wanted, after witnessing his co-star pushing himself to the limit. McAvoy was required to slave four nights a week in the gym to transform his physique. IMDB.COM

Celebrity Buzz

Beckinsale feared L.A. infection

LOOKS British actress Kate Beckinsale was "frightened" about moving to America — because she was convinced she would be forced to undergo a full body makeover.

The Underworld star transferred to America with her ex-husband Michael Sheen six years ago — and was worried that her English looks would set her apart from other actresses.

She tells British newspaper the Daily Express, "I was very frightened of L.A. at first. I thought the first thing that would happen is they are going to file my teeth down, inflate my bosom and just be mean to me — and that's sort of what has happened."

And the star confesses that although she is now settled with her husband and daughter she didn't foresee the domestic bliss she now enjoys. METRO NEWS SERVICES

ALL PHOTOS GETTY IMAGES

Jolie-Pitt twins named last-minute

BABIES New parents Brad Pitt and Angelina Jolie were so desperate to find the perfect names for their newborn twins, they were still undecided until the last minute, *imdb.com* reports.

The actress gave birth to son Knox Leon and daughter Vivienne Marcheline by caesarean section in Nice, France on Saturday.

But according to the New York Daily News, the couple almost named their newborn son Rex.

A source tells the publication the pair ordered an embroidered play mat from baby website *plainmary.com* with the name Rex Leon Jolie Pitt — just weeks before the newborns' birth.

Jolie and Pitt are already parents to adopted children Maddox, aged six, Pax, four, three year old Zahara, and biological daughter Shiloh, two. METRO NEWS SERVICES

Mendes happy with low-profile stint in rehab

HELP Hollywood actress Eva Mendes has praised the world's press for not "trashing" her over a recent stint in rehab, *imdb.com* reports. The 30-year-old entered Utah's Cirque Lodge centre in February.

And although Mendes has refused to confirm exactly why she needed professional help, she is pleased by the lack of negative stories about the incident.

She says, "Actually, the media has been pretty nice to me. They've really trashed some people, so I'm actually thankful that it didn't get too crazy." METRO NEWS SERVICES

Alba talks of zen-like birth

BIRTH New mom Jessica Alba refused to make a sound during the birth of her newborn daughter — because she wanted the experience to be like a "meditation," *imdb.com* reports. The 27-year-old star gave birth to daughter Honor Marie — her first child with husband Cash Warren — last month. And Alba is convinced a quiet delivery room was the key to avoiding her labour pains. METRO NEWS SERVICES

A-Rod's All-Star party flops

SNUB Alex Rodriguez's teammates must wish they could divorce him too. "He's become a huge distraction with the Madonna fiasco," a source told *PageSix.com*. "It's always all about him." That explains why none of his fellow Yankees went to the All-Star bash he hosted at Jay-Z's 40/40 Club Monday night.

Instead, his mommy, Lourdes, and his new best friends, Guy Oseary and Ingrid Casares, were by his side in a corner booth as he threw back shots. And Casares was then spotted leaving A-Rod's Park Avenue pad yesterday afternoon. Reps from Berk Communications, who'd slapped Madonna's name on their tip sheet for the event, kept insisting she was on her way, but she never showed. Instead, A-Rod was entertained by big-busted hotties who shimmied to Material Girl tunes and desperately tried to make eye contact with him. METRO NEWS SERVICES

Weight gain is for a role: Longoria

RUMOURS Eva Longoria Parker has laughed off rumours she is pregnant, insisting her recent weight gain is for her role in TV series Desperate Housewives.

The actress claims her new bob-style haircut and slightly fuller figure are a reflection of changes in the life of her on-screen character Gabrielle Solis, who becomes a mother-of-two in the forthcoming fifth season. METRO NEWS SERVICES

celebrity brief

Rihanna says no to nudity

CLOTHED Pamela Anderson can rest easy. Songbird Rihanna won't be trying to outdo her record number of Playboy magazine covers. She's told MTV: "My mother would kill me if I posed nude." METRO NEWS SERVICES

celebrity brief

Andy Dick arrested for drugs, battery

CRIME Wacked out crazy comedian Andy Dick was arrested early yester-day in Murrieta, Calif. on suspicion of drug possession and sexual battery. Cops busted the 42-year-old Dick just before 2 a.m. yesterday. METRO NEWS SERVICES

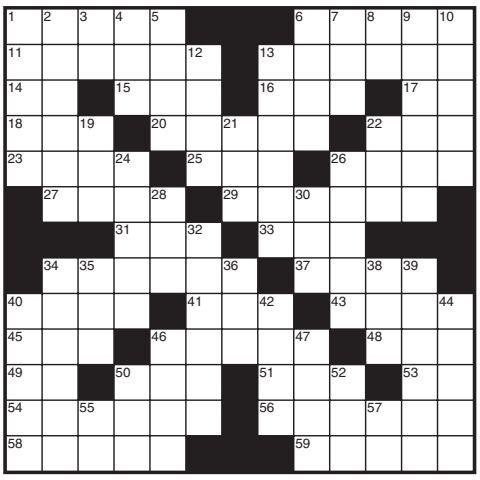
celebrity brief

Riot closes Nelly Furtado concert

SECURITY Nelly Furtado's latest concert ended in a riot, various media reports. The Maneater singer was playing in Moscow on Sunday when Russian rapper Timati tried to get on stage to perform a planned set. However, venue officials refused to let Timati near the singer. The incident quickly descended into a brawl. METRO NEWS SERVICES

Director Terry Gilliam has slammed the promotional campaign for the new Batman movie — insisting movie bosses are using Heath Ledger's tragic death to generate publicity for the movie. IMDB

Take Five



Crossword across

1 Pungent spice
6 Opens wide
11 Did not cook (2 wds.)
13 Plush fabric
14 Greek "M"
15 Fury
16 Hole-making tool
17 Ozarks st.
18 Not an amateur
20 Greenish-blues
22 Rollover subj.
23 Catch
25 Not even one
26 Sailed through
27 Iffy attempt
29 Book lover
31 Not opposed
33 "Futureworld" name
34 Not in tune (hyph.)
37 Evergreens
40 Poles' connector
41 Head, slangily
43 Shaggy animal
45 Combine
46 Natural ladle
48 Kind of vaccine
49 GI tag
50 Frazier foe
51 Beagle feature
53 Lama's chant
54 — counter
56 Generator
58 From Bali
59 Willow tree

Crossword down

1 Roughs it
2 Traffic no-no's (hyph.)
3 Note before mi
4 French monarch
5 Mongol dwelling
6 Hedge shrubs
7 More than most
8 Wheeling's loc.
9 Less distant
10 Famed violin
12 Summer job seeker
13 Hill opposite
19 Nutritious grain
21 Ventilate
22 Polar cap
24 Fish landers
26 Bob Hope specialty
28 — choy
30 — Wiedersehen
32 "Woman with Fan" artist
34 Water and rust
35 Tight spot
36 — must be joking!
38 NBA official
39 Seven-veil dancer
40 Pablo's girl
42 Multiplied
44 Unfounded report
46 Campbell of country
47 The Banana Boat Song (hyph.)
50 Muslim honorific
52 Hosp. workers
55 Sundial numeral
57 Three-toed sloth

previous day's answer

P	O	O	F		S	P	A		W	A	F	T
E	L	S	E		A	H	S		A	L	A	I
P	A	L	I		N	I	P		D	I	C	E
	F	O	G	G	Y		L	I	T	E	R	
		N	O	O	D	L	E					
M	O	N	E	T		E	O	S		H	I	S
O	W	E	D		W	A	G		E	A	C	H
A	L	E		F	A	N		L	A	T	H	E
			O	Y	S	T	E	R				
M	A	T	T	E			R	O	M	E	O	
O	V	E	R		E	V	E		U	R	A	L
T	I	N	A		R	I	A		F	I	R	E
E	D	D	Y		R	A	T		F	E	S	T

950,000
Metro readers do it daily!
metro
Do it daily.
SOURCE: NADbank 2007, read yesterday; BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA

WORDY GURDY

This day in history

JULY 17, 1682: Catherine II becomes tzar of Russia upon the accidental murder of Peter III of Russia.
JULY 17, 1791: Members of the French National guard under the command of General Lafayette open fire on a crowd of radical Jacobins at the Champ de Mars, Paris, during the French Revolution, killing as many as 50 people.
JULY 17, 1944: In World War II napalm incendiary bombs were dropped for the first time by American P-38 pilots on a fuel depot at Coutances, near St. Lô, France.
JULY 17, 1962: The "Small Boy" test shot Little Feller I becomes the last atmospheric nuclear test detonation at the Nevada Test Site.

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Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Reinforce a friendship with fairness. Play by the rules and don't stress out on winning. A control freak will throw a tantrum.

TAURUS ♉
APRIL 21-MAY 21
Your powers of endurance will come in handy. A meeting sparkles with excitement. Show leadership to please a partner.

GEMINI ♊
MAY 22-JUNE 21
The breaking point is reached in a relationship. Decreasing restrictions is a good idea. Someone who needs help will cause a delay.

CANCER ♋
JUNE 22-JULY 22
Don't interfere in a stranger's argument. Surprise others with your enthusiasm. A man will try to hinder your plans.

LEO ♌
JULY 23-AUG 23
You'll laugh when you see a quirk of fate. An old-fashioned guy clears up bad conditions. A self-sacrificing trip must be taken soon.

VIRGO ♍
AUG 24-SEPT 22
A kinky onlooker will provide some sensible advice. A neighbour can be generous. Very strange things are afoot.

LIBRA ♎
SEPT 23-OCT 23
Ask for some time off to get something done. A dramatic situation is made zesty by a heart-to-heart chat. A spirited adversary is attentive.

SCORPIO ♏
OCT 24- NOV 22
Sneaky behaviour is replaced with uncertainty. A power struggle is amusing. A problem with a lovely chat gives you a great idea.

SAGITTARIUS ♐
NOV 23- DEC 21
Someone wants you to create mayhem. A bully's antagonism can be overcome. A manager is bizarre and wacky.

CAPRICORN ♑
DEC 22-JAN 20
Think twice before taking a chance with good advice. Your plans need fine-tuning. A relative will keep a secret.

AQUARIUS ♒
JAN 21-FEB 18
Good luck will come before you know it. A revelation is found after taking a chance. A friend wants to do something special.

PISCES ♓
FEB 19-MAR 20
Refuse to watch a suspenseful film. A higher-ranking person will be responsible for a predicament. There's an urgency to build bridges.

7		4				6		1
3		5		8		9		2
			4		1			
		6	3		2	7		
		8	9		5	2		
			5		7			
4		7		6		1		3
9		3				5		8

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

9	8	4	2	3	5	1	6	7
7	2	3	6	1	9	5	8	4
1	6	5	7	4	8	2	9	3
6	7	2	3	9	4	8	5	1
8	3	9	1	5	7	6	4	2
4	5	1	8	6	2	7	3	9
2	4	7	5	8	3	9	1	6
5	9	6	4	2	1	3	7	8
3	1	8	9	7	6	4	2	5

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Ottawa weather

The Weather Network theweathernetwork.com

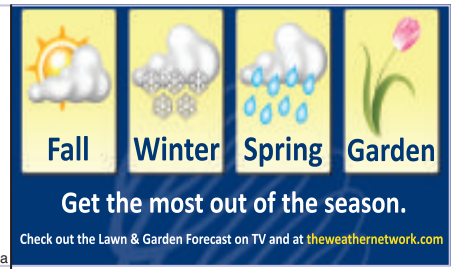
Afternoon	Tonight	Friday	Saturday	Sunday
40% Showers. 24°	40% Thunder-showers. 18°	70% Showers. 27°/18°	Variable. 27°/17°	40% Showers. 26°/18°

Temperature
Normals
High: 27.2°
Low: 15.3°

Records
High: 34.4°/1953
Low: 8.9°/1944

Sunrise: 5:31 a.m.
Sunset: 8:45 p.m.
Moonset: 4:25 a.m.
Moonrise: 8:44 p.m.

TWN incorporates MSC data



HYUNDAI™

25TH ANNIVERSARY PRICING JUST GOT EVEN BETTER.

NOW EXTENDED TO OUR ENTIRE FUEL EFFICIENT LINE UP.

2008 Accent L 3Dr

USE LESS & SAVE
GO 726 KM ON ONE TANK‡
HWY 6.2L/100KM • 46 MPG‡
CITY 7.4L/100KM • 38 MPG‡

‡Approximate distance based on highway mileage.

$13,595 Starting Price♦
-$3,600 Cash Purchase Adjustment

$9,995♦
Cash Purchase Price

- Dual front airbags • 8-way adjustable driver's seat • Rear adjustable head restraints
- AM/FM/CD/MP3 stereo • 60/40 split fold-down rear seat

GL Sport model shown

Limited model shown

2008 Elantra L

$15,845 Starting Price♦
-$2,850 Cash Purchase Adjustment

$12,995♦
Cash Purchase Price

USE LESS & SAVE
GO 883 KM ON ONE TANK‡
HWY 6.0L/100KM • 47 MPG‡
CITY 8.4L/100KM • 34 MPG‡

‡Approximate distance based on highway mileage.

GTP model shown

2008 Tiburon GS

$18,995 Starting Price♦
-$3,000 Cash Purchase Adjustment

$15,995♦
Cash Purchase Price

USE LESS & SAVE
GO 775 KM ON ONE TANK‡
HWY 7.1L/100KM • 40 MPG‡
CITY 10.2L/100KM • 28 MPG‡

‡Approximate distance based on highway mileage.

Limited 4WD model shown

2008 Tucson L

$21,195 Starting Price♦
-$4,200 Cash Purchase Adjustment

$16,995♦
Cash Purchase Price

USE LESS & SAVE
GO 744 KM ON ONE TANK‡
HWY 7.8L/100KM • 36 MPG‡
CITY 10.4L/100KM • 27 MPG‡

‡Approximate distance based on highway mileage.

HYUNDAI 25 YEARS IN CANADA

5 YEAR WARRANTY
5 YEAR /100,000 KM
COMPREHENSIVE LIMITED WARRANTY††
ALL HYUNDAI WARRANTIES HAVE NO DEDUCTIBLE.

GREAT CARS. GREAT ON GAS.

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GRADUATE REBATE PROGRAM

*The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp. and used under licence. ♦Cash purchase price adjustments are for cash purchases only and are calculated against the lease/finance starting price. Cash purchase price adjustments are available on all 2008 Accent/Elantra/Tiburon/Tucson trims. Cash purchase prices for models shown: 2008 Accent GL Sport Auto/Elantra Limited/Tiburon GTP 6-Speed Manual/Tucson Limited 4WD Auto of $13,895/$20,345/$26,095/$26,495. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. ‡Fuel consumption for 2008 Accent L 3-Door 5-speed (HWY 6.2L/100km, 46 mpg; CITY 7.4L/100km, 38 mpg)/2008 Elantra L 5-Speed Manual (HWY 6.0L/100km, 47 mpg; CITY 8.4L/100km, 34 mpg)/2008 Tiburon GS 5-speed Manual/Tucson Limited 4WD Auto of $1,345/$1,345/$1,415/$1,610), registration, insurance, license fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. ‡Fuel consumption for 2008 Accent L 3-Door 5-speed (HWY 6.2L/100km, 46 mpg; CITY 7.4L/100km, 38 mpg)/2008 Elantra L 5-Speed Manual (HWY 6.0L/100km, 47 mpg; CITY 8.4L/100km, 34 mpg)/2008 Tiburon GS 5-speed Manual/Tucson Limited 4WD Auto (HWY 7.1L/100km, 40 mpg; CITY 10.2L/100km, 28 mpg)/2008 Tucson L 5-Speed Manual (HWY 7.8L/100km, 36 mpg; CITY 10.4L/100km, 27 mpg) are based on EnerGuide fuel consumption ratings. Actual fuel consumption may vary based on driving conditions and the addition of certain vehicle accessories. †See your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.